

Required Procedures for Respiratory Protection Program

WAC 296-842-220

Rule

Table 19
Fit Test Exercises

Important:

- This list applies when you use any fit test.
- Employees tested must perform **all** exercises marked with an "X" as described for the fit test procedure used.
 - Once exercises begin, any adjustments made void the test **and** you must begin again.
 - After test exercises are completed, you must ask the employee about the comfort of the respirator. If it has become unacceptable, have the employee choose another one for testing.
- When the Controlled Negative Pressure Procedure (CNPP) is used **stop and repeat** the test if the employee adjusts the respirator **or** takes a breath and fails to hold it for 10 seconds.
- Controlled negative pressure tests conducted according to the method published in 29 CFR 1910.134, Appendix A are an acceptable alternative to the method outlined below.

Description of Required Fit Test Exercises	Fit Test Procedures		
	Qualitative Procedures	Quantitative Procedures; EXCEPT the CNPP	Controlled Negative Pressure Procedure (CNPP)
Normal breathing <ul style="list-style-type: none"> • Breathe normally, while standing for one minute 	X	X	
Deep breathing <ul style="list-style-type: none"> • Breathe slowly and deeply while standing for one minute. • Take caution to avoid hyperventilating 	X	X	
Head side to side <ul style="list-style-type: none"> • Slowly turn head from side to side while standing for one minute, pausing at each extreme position to inhale. • Be careful to not bump the respirator 	X	X	
Head up and down <ul style="list-style-type: none"> • Slowly move head up and down while standing for one minute, inhaling in the up position. • Be careful to not bump the respirator. 	X	X	

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Table 19 (Continued) Fit Test Exercises			
Description of Required Fit Test Exercises	Fit Test Procedures		
	Qualitative Procedures	Quantitative Procedures; EXCEPT the CNPP	Controlled Negative Pressure Procedure (CNPP)
Talking <ul style="list-style-type: none"> Talk slowly and loud enough to be heard clearly by the individual conducting fit testing for one minute. Choose one of the following: <ul style="list-style-type: none"> Read from a prepared text such as the Rainbow Passage* Count backward from 100 Recite a memorized poem or song 	X	X	
Grimace <ul style="list-style-type: none"> Smile or frown for 15 seconds 		X	
Bending over <ul style="list-style-type: none"> Bend over to touch toes while standing. Repeat at a comfortable pace for one minute or Jog in place for one minute if the test enclosure, such as a hood, doesn't permit bending over 	X	X	
Normal breathing <ul style="list-style-type: none"> Breathe normally while standing for one minute 	X	X	
Face forward <ul style="list-style-type: none"> Premeasurement activity: Stand and breath normally, without talking Measurement position: Face forward while holding breath for 10 seconds 			X
Bending over <ul style="list-style-type: none"> Premeasurement activity: While standing, bend over to touch toes Measurement position: Hold the bending position with face parallel to the floor while holding breath for 10 seconds 			X

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Table 19 (Continued) Fit Test Exercises			
Description of Required Fit Test Exercises	Fit Test Procedures		
	Qualitative Procedures	Quantitative Procedures; EXCEPT the CNPP	Controlled Negative Pressure Procedure (CNPP)
Head shaking <ul style="list-style-type: none"> Premeasurement activity: Vigorously shake head from side to side for 3 seconds while shouting or making the sound of "BRRR" loudly Measurement position: Face forward, while holding breath for 10 seconds 			X
Redon-1 <ul style="list-style-type: none"> Premeasurement activity: Remove the respirator completely and put it back on Measurement position: Face forward while holding breath for 10 seconds 			X
Redon-2 <ul style="list-style-type: none"> Repeat the premeasurement activity and measurement position described in Redon-1 			X
<p>*The Rainbow Passage:</p> <p><i>"When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond reach, his friends say he is looking for the pot of gold at the end of the rainbow."</i></p>			

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